



# SASA EAST DISTRICT

## Summer Sizzler

## Meet Information

25<sup>th</sup> June 2022

L1/683/SS/JUN22



<b>About the East District Summer Sizzler</b>	<p>The East District is holding a Summer Sizzler in June 2022.</p> <p>Level 1 licence: <b>L1/683/SS/JUN22</b></p> <p>The meet is an end of season meet for those athletes who do not have swims at the British/Scottish Summer Meets. Swimmers who have qualified for the British or Scottish Summer meet may enter but will not be given priority – see Eligibility section.</p> <p>Electronic timing will be in operation</p>
<b>Date &amp; Venue</b>	<p>25<sup>th</sup> June – Royal Commonwealth Pool</p>
<b>Age Groups</b>	<p>All events will be swum as mixed heats</p> <p>For relay events, groupings are:</p> <p>Mixed Relays (2 of each gender)</p> <ul style="list-style-type: none"> <li>• those born in 2010 &amp; 2011</li> <li>• those born in 2008 &amp; 2009</li> <li>• those born in 2005 or earlier, 2006 &amp; 2007</li> </ul> <p>Cannon Relay (1 of each Gender)</p> <ul style="list-style-type: none"> <li>• those born in 2010 &amp; 2011</li> <li>• those born in 2008 &amp; 2009</li> <li>• those born in 2006 &amp; 2007</li> <li>• those born in 2005 or earlier</li> </ul> <p>Age as at 31st December 2022</p>
<b>Events</b>	<p>Events are:</p> <p>50's all strokes  100's all strokes  4 x 100 Free Relay  4 x 100 Medley Relay  8 x 50 Cannon Relay</p> <p>All relays' - clubs can enter more than one team. All A teams will be accepted. Extra teams can be entered but will be accepted on a straight time basis only – times <b>MUST</b> be entered in TM entry files.</p> <p>Cannon Relay are restricted to one per club - smaller clubs can request a combined team entry when emailing their TM files – no times are required for the Cannon Relay. Clubs may swim athletes up an age group where clubs do not have sufficient numbers in the age group.</p> <p>Clubs are invited to enter swimmers for a 200 IM which <b>may</b> be run at the meet Convenors discretion. Clubs will be notified in advance should the event be included.</p>
<b>East District Contact</b>	<p>Lynne Rafferty, East District Event Planning  Email: <a href="mailto:sasaeastdistricteventplanning@gmail.com">sasaeastdistricteventplanning@gmail.com</a></p>
<b>Entry deadline</b>	<p><b>Closing dates</b> for entries is 12 noon 6<sup>th</sup> June 2022</p>
<b>Eligibility</b>	<p><b>All swimmers must be</b> registered members of SASA, training with a club affiliated to Scottish Swimming at the time of the competition.</p> <p>Swimmers who are first claim members of an East District club are eligible to swim in these championships. Swimmers may only compete in their own year groups.</p>



	<p>An invitational will be issued to SASA Midlands to attend.</p> <p>Swimmers who are first claim members of a Midlands District club are eligible to swim in these championships. Swimmers may only compete in their own year groups.</p> <p>Swimmers who have qualified for the British or Scottish Summer meets may enter the event however priority will be given in the order below:</p> <ul style="list-style-type: none"> <li>• All athletes must be of the correct standard for the meet and entered with coach approval</li> <li>• Athletes who have no qualified swims for British/Scottish Summer meets</li> <li>• Athletes who have 2 or less qualified swims for British/Scottish Summer meets</li> <li>• Athletes who have 3 or more qualified swims for British/Scottish Summer meets</li> </ul> <p>Swimmer numbers for events will be agreed by the swim committee and the facility after entries are received. If it is necessary to reject entries, this will be done at the discretion of the swim committee.</p>
<p><b>Entry Guide</b></p>	<p>This information regarding entry is a guide and is subject to change.</p> <p>Entry into the meets will be made by clubs on official entry files. It is likely that the competition as a whole will be oversubscribed and clubs should only enter swimmers of the correct standard for the meet and with coach approval as the meet is likely to be oversubscribed.</p> <p>Swimmers not accepted to the event will have their entry fee will be refunded in full.</p> <p>The East District swim committee reserve the right to make decisions on oversubscriptions in any way that is necessary to meet the conditions for the competition. Covid-19/facility policies may restrict the numbers of swimmers for the time available. This means that any swimmer accepted into the meet, <b>may not</b> be able to swim all events they enter, to make best use of the time available.</p> <p>Times must be submitted for all events entered. Times submitted should be achieved on or after 1<sup>st</sup> January 2021. Only Hy-Tek conversions for 50m times may be used. The following types of events will be accepted:</p> <p style="padding-left: 40px;">SASA accredited meets and time trials (L1, L2 &amp; L3) Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other FINA affiliated organisations.</p> <p>Proof of time must be submitted for the meet; random checks may be undertaken and clubs may be asked pre and post event to provide additional information.</p>
<p><b>Spectating</b></p>	<p>Spectating will be available on a first come first served basis. This is subject to COVID and venue guidelines in place at the time of the event.</p>
<p><b>Team and Individual Rewards</b></p>	<p>There will be no awards for this meet.</p>
<p><b>Photography</b></p>	<p>Any person wishing to use video/other photography must register their device at the desk in the foyer area of the pool.</p>



	<p>Throughout the East District events the East District may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites. Should any competitor wish not to be photographed please complete a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to <a href="mailto:sasaeastdistrictsecretary@gmail.com">sasaeastdistrictsecretary@gmail.com</a> after which the image will be removed.</p>
<p><b>COVID-19</b></p>	<p>We want to ensure return to competition, as far as is possible, for everyone attending, is a safe and healthy environment that will be an enjoyable and successful.</p> <p>All competition in Scotland will be operated in line with the <a href="#">Scottish Government</a> and <a href="#">Public Health Scotland</a> guidance and with the <a href="#">Scottish Swimming Competition Management Guidance Document</a>, current at the time of the competition taking place.</p> <p>There may be specific conditions of attendance at the meet. Full details will be issued nearer the date of the competition.</p> <p>All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we all stay compliant and safe. <b>Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered</b></p> <p><b>At present Scotland is at below Level 0. However, these levels of restriction may have changed by the competition dates. SASA East District will be guided by and will implement all relevant requirements requested by sportscotland, Scottish Swimming and the Scottish Government at that time.</b></p>
<p><b>Competition Disclaimer</b></p> <p><b>PLEASE NOTE:</b></p>	<p>While every reasonable effort will be made for the competition to happen, potential changes in COVID restrictions may restrict or prevent the competition from taking place. The conditions for the meet and whether the competition ultimately take place is dependent on the local restrictions in place on facilities, the sporting activity and the participants.</p> <p>No guarantee can be given by SASA East District that the meets will take place at a particular time, on any particular date or at any particular venue. SASA East District reserves the right to cancel the meet without notice and without liability for doing so if required. The competition will not be rescheduled if it is unable to take place on the scheduled dates.</p> <p>In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA East District. SASA East District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation</p>
<p><b>Entry Process</b></p>	<p>Entries will be by computer files, which will be downloadable from <a href="http://www.swimscotland.co.uk">www.swimscotland.co.uk</a></p> <ul style="list-style-type: none"> <li>• Entries should be sent by email to: <a href="mailto:sasaeastdistrictentries@gmail.com">sasaeastdistrictentries@gmail.com</a></li> <li>• The subject line <b>MUST be Club Code/EDSS</b></li> <li>• Please ensure that you request a read receipt if you wish confirmation of entries being received</li> </ul>



	<p><b>Please complete the Electronic Summary Sheet by 12 noon Monday 6<sup>th</sup> June 2022</b></p> <ul style="list-style-type: none"> <li>• Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager <a href="https://hytek.active.com/downloads.html">https://hytek.active.com/downloads.html</a> Select Team Manager, then <b>Lite</b></li> </ul> <p><b>The closing dates for entries is 12 noon Monday 6<sup>th</sup> June 2022</b></p>
<p><b>Payment</b></p>	<p>Payment can be made by bank transfer as follows:</p> <p>Account name: SASA East District  Bank: Bank of Scotland  Branch: Musselburgh  Account No: 06001834  Sort Code: 80-17-68  Your reference – please quote: Club Code/EDAG</p> <p><b>ENTRY FEES:</b>  Individual events <b>£9.00</b>  Team events <b>£12.00 per team</b></p> <p><b>No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed</b></p> <p><b>There is no charge for the Cannon Relay.</b></p>
<p><b>Draft Programmes</b></p>	<ul style="list-style-type: none"> <li>• Any queries with regards to entries should be directed to <a href="mailto:sasaeastdistrictentries@gmail.com">sasaeastdistrictentries@gmail.com</a> with a closing date for queries.</li> <li>• Any withdrawals or amendments should be notified on the electronic withdrawal form <b>prior to 12 noon Wednesday 22<sup>nd</sup> June 2022</b></li> </ul> <p>Start sheets will be issued via broadcast by <b>12 noon Friday 24<sup>th</sup> June 2022</b></p> <ul style="list-style-type: none"> <li>• Any further withdrawals should be notified via the electronic withdrawal form as soon as identified. This will enable the District to identify opportunities for additional swims for athletes.</li> </ul>
<p><b>Event Regulations</b></p>	<p>Entry and Entries to all events is expressly subject to the SASA regulations in place at the time of the meet.</p> <p><b>SASA East District reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations. It is the club's responsibility to ensure all attendees are aware of any special requirements as documented in the event management plan – details to follow.</b></p>
<p><b>Accreditation Passes</b></p>	<p>There will be no accreditation passes provided, swimmers will be checked in on the relevant day</p> <p>All coach and poolside personnel will be expected to have a valid PVG and East District or Scottish Swimming Pass.</p> <p>Midlands Coaches who do not have a Scottish Swimming pass are required to apply for <a href="#">aan</a> East District Temporary pass by emailing the <a href="#">event organiser</a>.</p> <p><b>Coach names must be submitted to the <a href="#">event organiser</a> beforehand for permission. On receipt of applications a confirmation email will be issued prior to the date of the competition. Numbers of coaches and personnel attending with each club may be restricted due to COVID-19/facility policies.</b></p> <p><b>A WhatsApp broadcast will be used for Meet information and start sheets in the run up to and during the event. The broadcast code will be issued to entry secretaries and will be available to confirmed coaches and entry secretaries only.</b></p>



	Please note coaches and entry secretaries must subscribe to the broadcast associated with each weekend by 11 am Thursday 23 <sup>rd</sup> June 2022 - late subscriptions will not be accepted.
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**Schedule of Events**

Summer Sizzler – Royal Commonwealth Pool	25 <sup>th</sup> June 2022
Morning Warm Up	Mixed 50 Breast  Mixed 100 Free  4 x 100 Medley Relay
Afternoon Warm Up	Mixed 100 Fly  Mixed 50 Back  Mixed 100 Breast  4 x 100 Free Relay
Evening Warm Up	Mixed 50 Free  Mixed 100 Back  Mixed 50 Fly  8 x 50 Cannon Relay